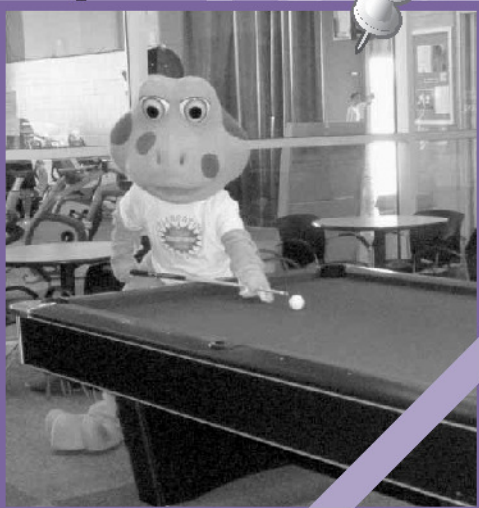
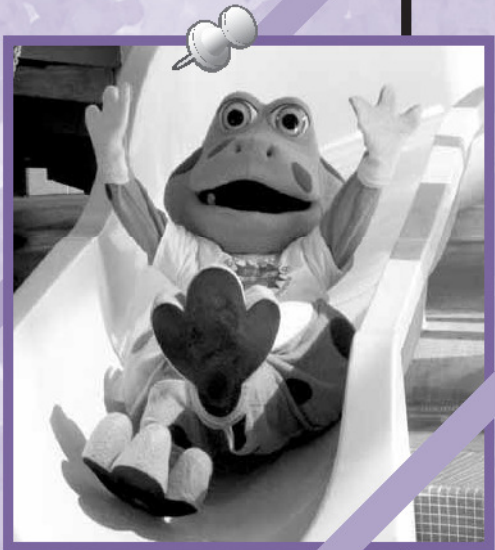


FRIENDSHIP CENTER 2010 FALL PROGRAM GUIDE



REGISTRATION BEGINS

FC Members (All FC Programs) — Thursday, August 26

Preschool Programs — Monday, August 30

Aquatics Programs — Thursday, September 2

All Other Programs — Tuesday, September 7

LOWER PAXTON TOWNSHIP PARKS AND RECREATION

5000 Commons Drive, Harrisburg, PA 17112 • Phone: 717-657-5635 • www.lowerpaxton-pa.gov

WELCOME

TO THE FRIENDSHIP CENTER

The Lower Paxton Township Parks and Recreation Department invites you to be active participants in the many recreational and leisure opportunities offered to all age groups contained within this publication.

Your Membership Includes —

- Unlimited Use of Facilities
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Special Rates on Personal Fitness Training/ Massage Therapy
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- 25% Discount on Programs at the Center
- Convenient Early Morning Hours
- Members Only Advanced Registration

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HOURS OF OPERATION

SEPTEMBER 1-MAY 31

Monday-Friday 5:30 a.m. to 10 p.m.
 Saturday 8 a.m. to 9 p.m.
 Sunday 12 p.m. to 6 p.m.

(Subject to change based on usage)

*Pool and Gym schedule available at Service Desk.

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day
 New Year's Day, Easter Sunday

Special Hours (5:30 a.m.-2:00 p.m.)

Memorial Day (Monday), July 4, Labor Day
 Christmas Eve, New Year's Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVV 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 21)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

MEMBERSHIP AND PASS INFORMATION

ANNUAL MEMBER

(Discounts and Payments)

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive discounts on programs.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Penn Colonial and Koons Pool.
- Payment in full by cash, check, Visa or MasterCard.
- Monthly bank draft available.

2010 Membership Rates

Categories

Youth/Student (13+ OR

Full-Time College Student up to 22 years)

Adult Single (18+)

Adult Couple/Single Parent Family

Family

Senior Single (60+)

Senior Couple

Lower Paxton (1/1/10)

Township Resident

Discount Rate

(\$16.75/mo.) \$201 yr.

(\$38.33/mo.) \$460 yr.

(\$53.25/mo.) \$639 yr.

(\$60.17/mo.) \$722 yr.

(\$28.83/mo.) \$346 yr.

(\$42.66/mo.) \$512 yr.

Regular Rate

(\$18.25/mo.) \$219 yr.

(\$42.33/mo.) \$508 yr.

(\$58.75/mo.) \$705 yr.

(\$66.75/mo.) \$801 yr.

(\$31.58/mo.) \$379 yr.

(\$47.42/mo.) \$569 yr.

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 22 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 22 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.

PASS INFORMATION

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$8 adults/\$5 children. Members may bring a guest(s) to the facility by purchasing a Guest Pass that is valid for one day. Passes are non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

\$12 daily before 4 p.m.

\$14 daily after 4 p.m., weekends and holidays.

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

FINANCIAL ASSISTANCE GRANT PROGRAM ~ SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.



**Karen
Reitenbach**
— MAY —

EMPLOYEES OF THE MONTH

Malisa Moody
— JUNE —



Special Program Notes

- ◆ All classes have a minimum and maximum number of participants. Space is on a first come, first serve basis.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ For your convenience, the Parks and Recreation Department has four sessions during the year. The programs run Fall, Winter, Spring, and Summer.
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program should simply present their membership card to the service desk for entry into facility.
- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Some programs are in high demand and fill quickly. Waiting lists are established after activities become full.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

**(PROGRAM REGISTRATION DATES
AND PROCEDURES ON PAGE 23)**

Friendship Specials!

FRIENDSHIP CENTER ANNUAL MEMBERSHIP

Fun & Fitness for the entire family!
Purchase an Annual Membership
from 9/5/10-9/11/10 and receive
10% off the membership!

5000 Commons Drive, Harrisburg, PA 17112

COUPON IS NOT REDEEMABLE FOR CASH.

No Double Discounts — Expires: 9/11/10 (No Exceptions)
Must present coupon when joining. Not redeemable for renewals.

OPEN HOUSE AT THE FRIENDSHIP CENTER SATURDAY, SEPTEMBER 11, 9 AM-12 NOON.

Take a tour, try the facility out for FREE,
enjoy light refreshments and see all the
new upgrades from maintenance week.
Join today and receive **ONE month FREE!**

Must present coupon when entering.

(Youth must be accompanied by adult.) — Photo ID required!
Annual Membership Only. Not Redeemable for Renewals.

FRIENDSHIP CENTER MEMBERSHIP REFERRAL MONTH

**Here's a chance to bring family and
friends to your home away from home —
THE FRIENDSHIP CENTER.**

*If you refer a new member, you will receive
a \$25 gift certificate towards programs or
membership after 3 months
of the new membership.*

Must present coupon/member when joining.
See Service Desk for additional information.
Annual Membership Only. Not Redeemable for Cash.

FRIENDSHIP FRIDAYS

FIRST FRIDAY OF EACH MONTH

*Members of the Center celebrate the first Friday of every
month with complimentary Starbucks coffee. Bring a
friend for free (18+) and enjoy . . .*

Friday, September 3 — Back to School!

Friday, October 1 — Trick or Treat!

Friday, November 5 — Fallin' to Winter Surprise!

Friday, December 3 — Join us for Treelighting, 7 p.m.

All friends must have photo identification.

SECOND FRIDAY OF EACH MONTH

Everyone welcome to receive **FREE**
body fat testing from 9-11 a.m. and 4-6 p.m.

FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS



Community Yard Sale

For all ages to sell another's treasure! Clean up the house and prepare for winter. Receive a 10 x10 space per spot with table. No commercial sales during this event.

Date: Saturday, September 11, 9 a.m.-12 noon

Must pre-register by 9/2! Rain or shine!

Location: Friendship Center Parking Lot

Fee: \$10R/\$12NR/\$5M (#12029)

The Pink Party

Come one, come all and show your support for Breast Cancer Survivors. The 4th Annual formerly Bandana Buddies Event will be held on Sunday, October 3 from 6-8 p.m. at the Friendship Center. This FREE evening of fun will include the use of the facility, informational booths, refreshments and entertainment. Wear pink to show support for those that have been touched by breast cancer.

Annual Autumn Hayrides

Old-fashioned hayrides, sponsored by Lower Paxton Township Parks and Recreation will be conducted at George Park from 6-8 p.m. on Oct. 22, 23, & 24. The fee is \$3 per person.

Pumpkin Carving

Pumpkin carving at George Park from 6-8 p.m. on Saturday, October 23 (#11979) or Sunday, October 24 (#11980). Decorate a pumpkin and enjoy the hayrides too! Pre-registration for the pumpkin carvings is required. \$7 per pumpkin. Call Parks and Recreation at 657-5635 to pre-register.

FIVE BELOW FUNDRAISER

Fri., Aug. 13-Sun., Aug 15

10% of dollars spent by our organization will be donated back to "Friendship Center Scholarship Fund."
BRING FLYER FROM FRIENDSHIP CENTER!

Trick or Treat-Lower Paxton Township Thursday, October 28

Lower Paxton Township Police Department will have increased patrols throughout the Township on Trick or Treat Night from 6-8 p.m. to meet/greet treaters and to ensure safety.

Great Pumpkin Hunt by Flashlight

An egg hunt at Halloween time. Participants ages 1-12 yrs. will meet at George Park and hunt for candy-filled eggs! Don't forget your costume, flashlight and trick-or-treat bag. Free! Pre-registration suggested (#12028).

- Sunday, October 24, 2010, 6:30 p.m.

Holiday Tree Lighting

Enjoy the Township's annual Tree Lighting festivities at the Friendship Center. Featuring free refreshments, a sing-a-long, Lower Paxton Variety Band and great door prizes. Santa arrives by fire truck and greets all the kids.

- Friday, December 3, 2010, 7 p.m.

Breakfast with Santa

Join Santa for breakfast at the Friendship Center. Bring your camera to take a photo with the Jolly Man himself! Reservations are required, space is limited.

\$7 per attendee who is eating. Deadline to register is Friday, December 4th.

- Saturday, December 11, 2010, 9 a.m. (#11937)



— 1ST ANNUAL KIDS TALENT SHOW —



PRESCHOOL ACTIVITIES

IMPORTANT REGISTRATION INFORMATION!

Preschool registration will be held as follows:

- **Friendship Center Members:** Thurs., Aug 26 (for programs at the FC only).

- **All Others:** Monday, August 30, 8 a.m.-5 p.m.

All programs will meet for a **seven week** session at the Friendship Center unless noted otherwise.

Child must have met the minimum age requirement of the class by September 1, 2010.

Fun For One (Ages 12-24 mos. w/parent)

(Must be age one by Sept. 1, 2010.) Have fun with your toddler while playing, doing simple crafts and activities, and meeting new friends.

A. Tues., 9:30-10:30 a.m., Sept. 14-Oct. 26 (#11835)

Instructor: (for A) Nadzia S.

B. Fri., 11 a.m.-noon, Sept. 10-Oct. 22 (#11834)

Instructor: (for B) Jen K.

Fee: \$40R/\$43NR/\$32M

Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts.

Helps build confidence in interacting with others.

A. Tues., 10:45 a.m.-noon, Sept. 14-Oct. 26 (#11836)

Instructor: (for A) Nadzia S.

B. Fri., 9:30 a.m.-10:45, Sept. 10-Oct. 22 (#11837)

Instructor: (for B) Jen K.

Fee: \$48R/\$51NR/\$39M

Twos Together (Age 2)

(Born before 9/1/08) A special day for twos; activities include crafts, fingerplays and a snack.

Dates: Thur., 9:30-11:30 a.m., Sept. 9-Oct. 21

Instructor: Nadzia S.

Fee: \$70R/\$75NR/\$56M (#11882)

KidsKorner!

AGES 1-6 YEARS WITH PARENT

Visit our indoor playground and join the fun!

Tuesdays & Fridays, 10:30 a.m.-Noon

Oct. 1-Dec. 14 (closed 10/8, 11/2, 11/26)

\$3 per Child — Members ages 1-6 Free!

Kidzdance w/Sara (Ages 3-5)

Children will love this introduction to the world of dance! The class promotes body awareness, gross motor skills and individual expression through creative movement and dance techniques.

Dates: Wed., 1:00-1:45 p.m., Sept. 8-Oct. 20

Fee: \$80R/\$85NR/\$64M (#11889)

Morning Fun Time (Ages 2½-3)

(Born before 3/1/08) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Dates: Mon./Wed., 9:30-11:30 a.m., Sept. 8-Oct. 27

(No class on Oct. 11)

Instructor: Mary C.

Fee: \$149R/\$159NR/\$120M (#11435)

Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thur., 9:30 a.m.-noon, (#11440)

B. Tues./Thur., 1-3:30 p.m., (#11441)

Dates: Sept. 9-Oct. 26

Instructor: Elaine P.

Fee: \$174R/\$184NR/\$144M

Learning Fun Pre-K Class (Ages 4-5)

Help children prepare for kindergarten with hands-on activities exploring the alphabet, numbers, stories and other learning opportunities. Meets 3 times a week during school year.

A. Mon./Wed./Fri., 9:30 a.m.-noon, Sept. 8-Oct. 27

(No class on Oct. 11) (#11443)

B. Tue./Wed./Thu., 1-3:30 p.m., Sept. 9-Oct. 27 (#11442)

Instructor: Nadzia S.

Fee: \$248R/\$258NR/\$205M

Tiger Tots Tae Kwon Do (Ages 4-5) (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along with fun.

Dates: Tues., 10:15-11 a.m., Sept. 28-Nov. 2 (#11970)

OR-Thurs., 4-4:45 p.m., Sept. 30-Nov. 4 (#11971)

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR

Pee Wee Golf (Ages 4-7) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Sun., 3:30-4 p.m., Aug. 15-Sept. 12

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR(#11580)

PRESCHOOL ACTIVITIES (CONT.)

Have Gym Will Travel w/Kathy (Ages 3-5) (9 classes)

Children will receive instruction in tumbling, balance beam, bars, mini-tramp, and other invigorating activities.
A. Fri., 1:00-2:00 p.m., Sept. 17-Nov. 12 (#11890)
B. Fri., 2:15-3:15 p.m., Sept. 17-Nov. 12 (#11891)
Fee: \$118R/\$128NR/\$95M

Mini-Kickers w/Ricardo (Ages 3-6) (3 classes)

(Must be age 3 as of 1/1/10) Instructional soccer clinic with age-appropriate skills, drills and games. Parent participation encouraged.
Dates: Fri., Sept. 17-Oct. 8, 9:15-10 a.m. (#12046)
Fri., Oct. 22-Nov. 12, 9:15-10 a.m. (#12047)
Location: Friendship Center, Gym #2
Fee: \$55R/\$58NR/\$45M

Kindermusik Demonstration w/Melissa

NEW

Free session for all ages to discover the world of Kindermusik. Must pre-register.
Date: Wednesday, September 15, 10:30-11:30 a.m.
Location: Friendship Center, Room 112
Fee: Free to public — Must pre-register! (#12093)

Kindermusik w/Melissa (10 classes)

NEW

***Village (newborn-18 mos.) 9:30-10:10 a.m.**
Multi-level activities which include creative movement, vocal play, object/instrument exploration and colorful literature for baby's growth and development of all senses. (#12095)
***Beginner Our Time (18 mos.-2½) 10:20-11 a.m.**
Includes creative movement/dancing, exploration time, language skills and music/movement story time. (#12096)
***Our Time (2-3½) 11:20 a.m.-noon**
Play activities are integrated with music, vocal, storytelling movement and literature to capture your child's potential to learn cognitive/literature skills, creativity and individuality. (#12097)
Imagine That (3-5½) 1-2 p.m.
Musical journey of discovery and exploration. (#12098)
Dates: Wed., Sept. 29-Dec. 1 (see above for times)
Location: Friendship Center, Room 112
Fee: \$200R/\$210NR/\$175M (includes \$55 material fee)
*parent participation required!

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (6 classes)

Introduction to basic tumbling and gymnastics. Parents assistance is required.
Dates: Wed., 9-9:40 a.m., Sept. 29-Nov. 3
Location: Friendship Center, Gym #2
Fee: \$62R/\$65NR/\$50M (#12042)

Smurfs Soccer w/Ricardo (Ages 3½-6) (4 classes)

(Must be age 3 as of 1/1/10) Instructional clinic with age-appropriate skills, drills and games.
Dates: Tues., 5:15-6 p.m., Sept. 21-Oct. 12 (#11988)
Tues., 6:05-6:50 p.m., Sept. 21-Oct. 12 (#11989)
Tues., 5:15-6 p.m., Nov. 2-23 (#11990)
Tues., 6:05-6:50 p.m., Nov. 2-23 (#11991)
Location: Friendship Center, Gym #2
Fee: \$56R/\$59NR/\$46M

Soccer Blast w/Ricardo (Ages 3-6)

(Must be age 3 as of 4/1/10) Introducing young players to soccer basics. Parent participation encouraged.
Dates: Friday, October 15, 9:15-10 a.m. (#12080)
Friday, November 19, 9:15-10 a.m. (#12081)
Location: Friendship Center, Gym #2
Fee: \$14R/\$15NR/\$12M

Pee Wee Tennis (Ages 5-7) (4 classes)

Dates: Sat., 9:15-10 a.m., Sept. 4-25 (#11313)
Sat., 9:15-10 a.m., Oct. 2-23 (#11314)
Location: Brightbill Park
Fee: \$36R/\$39NR

Kids Zumba w/Monica (Ages 4-7) Little Starz

Zumba for kids! Fun and fitness all in one!
Dates: Monday, 11:15-11:45 a.m., Sept. 27-Nov. 15 (#11929)
Fri., 11-11:30, Oct. 1-Nov. 19 (#11930)
Location: Friendship Center, Room 118
Fee: \$33R/\$35NR/\$26M

Gymnastics for Pre-school w/Hbg. Gymnastics (Ages 3½-5 years) (6 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.
Dates: Wed., 9:45-10:30 a.m., Sept. 29-Nov. 3 (#12043)
Wed., 10:30-11:15 a.m., Sept. 29-Nov. 3 (#12044)
Location: Friendship Center, Gym #2
Fee: \$62R/\$65NR/\$50M

Learn to Skate (Ages 5-9)

Four weeks of practice emphasizing fun and skill development for the beginning hockey player. Equipment required-great starting class.
Dates: Sept. 2-25, Thurs., 5 p.m. and Sat. 10 a.m.
Location: George Park In-Line Hockey
Fee: \$35R/\$40NR (#11762)



HOMESCHOOL PROGRAM

Homeschool History (Ages 6-10) (4 classes)

Join us for homeschooler's history. Each week includes a story with craft relating to history. Source: "The Story of the World: IHistory for the Classical Child" by Susan Wise Bauer.

Session I: Thurs., 10:30-11:30 a.m., Sept. 9-30 (#12089)

Session II: Thurs., 10:30-11:30 a.m., Oct. 7-28 (#12090)

Session III: *Thurs., 10:30-11:30 a.m., Nov. 4-Dec. 9 (#12091)

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/\$35M (*extra class)

Stay for Lunch: 11:30-12 noon (not included)

Simple Science: Science-What is it? (Ages 6-10)

Science is a part of everything. Students will make observations, predictions, measurements and hypotheses, perform experiments and draw conclusions.

Session I: Thurs., 12-1 p.m., Sept. 9-30 (#12086)

Session II: Thurs., 12-1 p.m., Oct. 7-28 (#12087)

Session III: *Thurs., 12-1 p.m., Nov. 4-Dec. 9 (#12088)

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/\$35M (*extra class)

YOUTH AND TEEN

Kids Zumba w/Lynn (Ages 8-12) Big Starz

Dates: Mon., 5:30-6:15 p.m., Sept. 27-Nov. 15 (#11931)

Wed., 5:30-6:15 p.m., Sept. 29-Nov. 17 (#11932)

Location: Friendship Center, East Annex

Fee: \$33R/\$35NR/\$26M

Magic Passing (Ages 5-14) (8 classes) w/Findaballer

Work on your passing skills.

Dates: Mons., 6-7:30 p.m., Sept. 27-Nov.15

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M (#11935)

All Star Dribbling (Ages 5-14) (8 classes) w/Findaballer

Become a great dribbler.

Dates: Sat., 11:30-1 p.m., Oct. 2-Nov. 20

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M (#11936)

Sharp Shooters (Ages 5-14) (8 classes) w/Findaballer

Work on basketball shooting techniques.

Dates: Sun., 4:30-6 p.m., Sept. 26-Nov. 14

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M (#11934)

YOUTH AND TEEN

Intro to Tae Kwon Do (Ages 6-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., Sept. 28-Nov. 2

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#11912)

In-Line Hockey League

A seven week instructional league. Games on Sunday and practice on Mon., Tues., or Wed. Begins Aug. 22-Opening day, come ready to play.

Divisions:

11 & Under: August 22-Oct. 17, Sunday 2:30 p.m. (#11764)

17 & Under: August 22-Oct. 17, Sunday 4:30 p.m. (#11763)

Location: George Park In-Line Hockey

Fee: \$75R/\$80NR

Individual Basketball Instruction w/Findaballer (6-40 minute lessons)

Instructors available to provide individual or group personal instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$190R/\$195NR/\$165M per person (#12060)

***Semi-Private (max two):** \$135R/\$140NR/\$115M per person (#12056)

***Group-Private (class of 3-4):** \$84R/\$87NR/\$70M per person (#12055) (*must register as group.)

Ultra Sports w/Overtime Athletics (Ages 5-8) (6 classes)

Love to play sports? Different sport each week: basketball, soccer, flag football, kickball, capture the flag, tag games and more! Team work, sportsmanship and fitness, all while having fun!

Dates: Mon., 4:30-5:15 p.m., Sept. 20-Oct. 25

Location: Friendship Center, Gym #1/Outside

Fee: \$65R/\$68NR/\$55M (#12067)

Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

Dates: Wed., Sept. 29-Nov. 3, 4:15-5:15 p.m.

Location: ABC Bowling Lanes, Locust Lane

Fee: \$30R/\$35NR (#11987)



YOUTH AND TEEN (CONT.)

American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Fridays, 6-9 p.m., Oct. 22, 29, Nov. 5 (#11894)

(Test: Thurs., Nov. 11 at 7-8:30 p.m.)

B. Saturdays, 9 a.m.-noon, Oct. 23, 30, Nov. 6 (#11895)

(Test: Thurs., Nov. 11 at 7-8:30 p.m.)

Location: Friendship Center, Room 109

Fee: \$55R/\$60NR/\$44M

Basketball Clinic w/Coach Stokes (8 classes) (Ages 6-9)

Learn the fundamentals and play game situations.

Dates: Tues., 4:30-6 p.m., Sept. 28-Nov. 16

Location: Friendship Center, Gym #3

Fee: \$84R/\$89NR/\$70M (#12075)

Strikers Soccer w/Ricardo (Ages 6-9) (4 classes)

Instructional program for beginner to intermediate players (including next-level Smurfs). Multiple aspects of game.

Dates: Tues., 6:55-7:40 p.m., Sept. 21-Oct. 12 (#11994)

Tues., 6:55-7:40 p.m., Nov. 2-23 (#11995)

Location: Friendship Center, Gym #3

Fee: \$56R/\$59NR/\$46M

PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety and equipment. Give it a try w/Ron Willis.

Date: Saturday, September 25, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#11933)

Flag Football w/Overtime Athletics (Ages 8-12) (6 classes)

Learn to pass, catch, run routes and punt like pros. Practice these skills playing fun activities and scrimmages.

Dates: Mon., 5:15-6 p.m., Sept. 20-Oct. 25

Location: Friendship Center, Gym #1/Outside

Fee: \$65R/\$68NR/\$55M (#12070)



Jr. Tennis Camp (4 classes) (Ages 5-7)

Dates: Mon.-Thurs., Aug. 16-19, 9:15-10 a.m.

Location: Brightbill Park (rain make-ups on Fridays)

Fee: \$32R/\$36NR (#11317)

Jr. Beginner Tennis Camp (4 classes) (Ages 8-14)

Dates: Mon.-Thurs., Aug. 16-19, 10-11 a.m. (#11329)

Location: Brightbill Park

Fee: \$36R/\$39NR (rain make-ups on Fridays)

Jr. Advanced Beginner Tennis Camp (4 classes) (Ages 10-15)

Dates: Mon.-Thurs., Aug. 16-19, 11 a.m.-12 p.m. (#11323)

Fee: \$36R/\$39NR

Location: Brightbill Park (rain make-up on Fridays)

Cardio Tennis w/Ricardo (Ages 6-9) (4 classes)

Move to the ball in a high energy circuit. Covers sport basics and includes challenge games. Players must bring racquet.

Dates: Tues., 4:20-5:05 p.m., Sept. 21-Oct. 12 (#11976)

Tues., 4:20-5:05 p.m., Nov. 2-23, (#11977)

Location: Brightbill Park

Fee: \$46R/\$49NR

Lacrosse w/Overtime Athletics (Ages 7-12) (6 classes)

NEW

Experienced coaches will teach skills to learn the game: cradling, passing and catching, scooping, shooting and defense. Play fun learning games. Equipment provided.

Dates: Sat., 4-5 p.m., Sept. 25-Oct. 30

Location: Friendship Center, Gym #1/Outside

Fee: \$77R/\$80NR/\$65M (#12072)

Basketball Clinic w/Coach Stokes (8 classes) (Ages 10-13)

Learn the fundamentals and play game situations.

Dates: Thurs., 4:30-6 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Gym #3

Fee: \$84R/\$89NR/\$70M (#12076)

NEED A BABYSITTER?

Call 657-5635 for a list of sitters who have passed the Red Cross Babysitting Certification class.

YOUTH/TEEN (CONT.)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

Date: Saturday, September 25, 10 a.m.-noon

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11975)

Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, August 21, 9 a.m.-12:45 p.m. (#11760)

Location: Friendship Center, Room 109

Fee: \$5R/\$8NR/Free to Members! Must pre-register!

Fitness, Food and Fun w/Montgomery Wheel of Life (Ages 10-17) (4 classes)

The Youth NutriFMT® Program is designed to help young adults improve their overall fitness and health. Children will receive functional movement training, nutritional knowledge for making better life-time food choices and a foundation towards a healthier lifestyle. Individualized nutritional guidelines and workouts for each specific client. (ages separated accordingly).

Dates: Mon.-Thurs., Aug. 16-19, 10 a.m.-12 p.m. (#11814) *Register starting 8/1/10.

Mon.-Thurs., Aug. 23-26, 10 a.m.-12 p.m. (#11815)

Location: Friendship Center, Conference Room

Fee: \$95R/\$98R/\$85M

Indoor Soccer League w/Coach Ricardo (Ages 4-14)

(Must be age 4 as of 9/1/10) Indoor soccer games played off the walls! Co-ed teams will be grouped according to age and ability. Individual players and teams may register. Shinguards required. Wear sneakers or indoor soccer shoes (no cleats).

Registration deadline: November 12, 2010

Dates: TBA (#12074)

Location: Sports City, 4141 Linglestown Rd.

Fee: TBA (Call 657-5635 ext. 113 to inquire for additional information)



Sleeping on the job!

BODY PUMP/ZUMBA

Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-50-60 min.)

*Mon., 7:15-8:15 p.m., Sept. 27-Nov. 29 (#12011) (MJ)

*Thurs., 7:30-8:30 p.m., Sept. 30-Dec. 9 (#12010) (MJ)

**Fri., 9:30-10:30 a.m., Oct. 1-Dec. 3 (#12007) (J)

Fri., 5:40-6:30 a.m., Oct. 1-Dec. 3 (#12006) (MJ)

Sat., 9:15-10:15 a.m., Oct. 2-Dec. 4 (#12008) (MJ)

Dates: (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 5:40-6:30 a.m., Sept. 27-Dec. 1 (#12051)

Mon./Wed., 9:30-10:30 a.m., Sept. 27-Dec. 1 (#12012)

Location: Friendship Center, Room 118 (*East Annex) (**Room 112)

Fee: (1 day) \$45R/\$48NR/\$35M;

(2 day) \$90R/\$96NR/\$70M

Instructor Code: (MJ) Mary Jo, (J) Julie

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Date:*Mon., Sept. 27-Nov. 29, 4:30-5:30 p.m. (#12045) (C)

Mon., Sept. 27-Nov. 29, 10:30-11:15 a.m. (#12032) (M)

Tues., Sept. 28-Nov. 30, 6-7 a.m. (#12041) (L)

Tues., Sept. 28-Nov. 30, 9:15-10:15 a.m. (#12050) (TBA)

*Tues., Sept. 28-Dec. 9, 6:30-7:30 p.m. (#12040) (M)

Wed., Sept. 29-Dec. 1, 10:30-11:30 a.m. (#2036) (A)

Wed., Sept. 29-Dec. 1, 4:30-5:30 p.m. (#12035) (C)

*Wed., Sept. 29-Dec. 1, 7-8 p.m. (#12049) (Me)

Thurs., Sept. 30-Dec. 9, 9-10 a.m. (#12033) (J)

*Thurs., Sept. 30-Dec. 9, 5:30-6:30 p.m. (#12034) (M)

*Thurs., Sept. 30-Dec. 9, 6:30-7:30 p.m. (#12031) (L)

Fri., Oct. 1-Dec. 3, 9-10 a.m. (#12037) (A)

Fri., Oct. 1-Dec. 3, 10-11 a.m. (#12040) (M)

Sat., Oct. 2-Dec. 4, 8:15-9:15 a.m. (#12048) (L)

Location: Friendship Center, Room 118/*East Annex

Fee: \$42R/\$45NR/\$34M

Instructor Code: (M) Monica, (A) Alicia, (C) Carol, (J) Joanie, (Me) Megan, (L) Lynn



SPIN

Spin Taster w/Russ (Ages 18+)

Never tried spin before? Give it a try. Great Intro!

Dates: Monday, September 20, 8:30-9:15 a.m.
(#12059)

Monday, September 20, 7-7:45 p.m. (#12057)

Location: Friendship Center, Room 115

Fee: Free to Members Only!

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 min.)

Mon., 5:45-6:30 a.m., Sept. 27-Nov. 29 (D) (#12016)

Tues., 9:30-10:15 a.m., Sept. 28-Nov. 30 (MJ) (#12021)

Wed., 5:45-6:30 a.m., Sept. 29-Dec. 1 (D) (#12018)

Wed., 6:30-7:15 a.m., Sept. 29-Dec. 1 (MA) (#12023)

Thurs., 6:30-7:15 p.m., Sept. 30-Dec. 2 (MJ) (#12099)

Fri., 6:15-7 a.m., Oct. 1-Dec. 3 (Z) (#12019)

Sat., 8:15-9 a.m., Oct. 2-Dec. 4 (MJ) (#12017)

Fee: 1/week (45 mins.) \$42R/\$45NR/\$34M

Dates: (2 days per week-45 minutes) (20 classes)

Mon./Wed., 6:15-7 p.m., Sept. 27-Dec 1 (MJ) (#12020)

Tues./Thurs., 5:45-6:30 a.m., Sept. 28-Dec.7 (MJ) (#12015)

Tues./Thurs., 4:30-5:15 p.m., Sept. 28-Dec.7 (M)
(#12024)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$72R/\$79NR/\$64M

Instructor Code: (MJ) Mary Jo, (D) Deb, (R) Russ,
(M) Michelle, (Z) Zach, (MA) Maura

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Sept. 27-Dec. 3

Location: Friendship Center, Room 115

Fee: \$93R/\$96NR/\$75M (#12025)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., Sept. 27-Dec. 1

Location: Friendship Center, Room 115

Fee: \$64R/\$69NR/\$51M (#11885)

Challenge Ride w/Russ (Ages 16+)

High intensity for one hour. Knock your socks off with this challenge!

Date: Monday, December 13, 8:30-9:30 a.m. (#12053)

-OR- Thursday, December 16, 6-7 p.m. (#12054)

Location: Friendship Center, Room 115

Fee: \$5 per person

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11960)

Combo w/Kelly (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11892)

Abs, Back & Legs w/Keli (10 classes)

Focus on strengthening/toning the abs, back and legs.

Dates: Mon., 7-8 p.m., Sept. 27-

Nov. 29

Location: Friendship Center, Room 118

Fee: \$41R/\$44NR/\$32M (#11896)

Core Toning w/Karen (10 classes)

A highly effective approach to strengthening and toning abdominals and back using progressive movements and a variety of equipment.

Dates: Mon., 9-9:30 a.m., Sept. 27-Nov. 29

Location: Friendship Center, Room 112

Fee: \$50R/\$53NR/\$38M (#11952)

Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues./Thurs. 9-9:45 a.m., Sept. 28-Nov. 4
(#11999)

Session II: Tues./Thurs. 9-9:45a.m., Nov. 9-Dec. 21
(#12001)

Location: Friendship Center, Gym #1

Fee: \$73R/\$76NR/\$58M

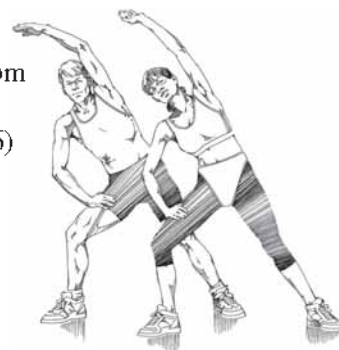
Weight Loss Boot Camp w/Karen (6 weeks)

A combination of nutrition and exercise in a small group setting. Incredible results achieved by past participants. Serious about losing weight? This is for you!

Dates: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.),
Sept. 27-Nov. 5 (#11958) -OR- Nov. 8-Dec. 17 (#11959)

Location: Friendship Center, Gym #3

Fee: \$225R/\$230NR/\$185M



AEROBIC/FITNESS/DANCE

Core Cut Intervals w/Lori L. & Mary (12 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

Session I: Mon./Wed., 6-6:45 p.m., Sept. 27-Nov. 3 (#12062)

Session II: Mon./Wed., 6-6:45 p.m., Nov. 8-Dec. 15 (#12063)

Location: Friendship Center, Room 112

Fee: \$75R/\$78NR/\$60M

Mat Pilates w/Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., Sept. 28-Nov. 30, 5:45-6:30 p.m., (#11927)
-OR- Thurs., Sept. 30-Dec. 9, 7:30-8:15 p.m. (#11928)*

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$44M

Fitness Boot Camp w/Karen (6 weeks)

A very effective multi-disciplined approach to fitness that will leave your body looking and feeling amazing.

Session I: Mon./Fri., 10:30-11:30 a.m., Sept. 27-Nov. 5 (#11973)

Session II: Mon./Fri., 10:30-11:30 a.m., Nov. 1-Dec. 10 (#11974)

Location: Friendship Center, Gym #1

Fee: \$87R/\$90NR/\$70M

Outdoor Fitness Boot Camp w/Karen & Lori (8 classes)

All levels. For those who want to see changes in strength, body fat and weight loss in a challenging environment.

Session I: Mon./Wed., 6:45-7:30 p.m., Sept. 27-Oct. 20 (#12071)

Session II: Mon./Wed., 6:45-7:30 p.m., Oct. 25-Nov. 17 (#12073)

Location: Friendship Center, Room 118

Fee: \$54R/\$57NR/\$46M

Intro. to Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Sept. 27-Oct. 18

Location: Friendship Center, Room 106/109

Fee: \$75R/\$78NR/\$60M per cpl. (#11944)

Sun Salutations w/Meena (8 classes)

Intense class that revolves around Surya Namaskar A & B — the classic yoga sun salutations. Variations of the salutations to challenge both upper and lower body to gain flexibility and strength as the poses flow from one to the other. Simple yet powerful giving you a unique experience of yoga.

Dates: Thurs., 5:30-6:30 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Room 109

Fee: \$52R/\$55NR/\$40M (#11922)

Core Cut Interval w/Karen (6 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Session I: Wed., 9:30-10:30 a.m., Oct. 6-Nov. 10 (#11953)

Session II: Wed., 9:30-10:30 a.m., Nov. 17-Dec. 22 (#11954)

Location: Friendship Center, Gym #1

Fee: \$50R/\$53NR/\$38M

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., 4:45-5:30 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$55R/\$60NR/\$44M (#11887)

Strength Training + Abs w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Tues., 4-4:40 p.m., Sept. 28-Nov. 30 (#11903)

Location: Friendship Center, Room 118

Fee: \$41R/\$44NR/\$32M

Aerobic Focus w/Carol (20 classes)

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/weight training.

Dates: Tues./Thurs., 5:30-6:30 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11961)

Hatha Yoga w/Stacy CYT (8 classes)

De-stress and experience a yoga practice intended to create awareness of body and mind while you increase strength and flexibility. Modifications are taught for those who may need them. All levels are welcome. Please bring a yoga mat for your comfort.

Dates: Tues., 5:30-6:30 p.m., Sept. 28-Nov. 16 (#12002)

-OR- *Tues., 10:15-11:15 a.m., Sept. 28-Nov. 16 (#12005)

Location: Friendship Center, Room 109, *Room 118

Fee: \$75R/\$80NR/\$60M

AEROBICS/FITNESS/DANCE

Vinyasa Yoga I with Stacy CYT (8 classes)

Dynamic yoga practice. Increase strength, flexibility, stamina & ability to focus. Can be physically/mentally challenging. Moderately strong pace and students should be in good physical health. Multi-level class. Existing knowledge of yoga poses is recommended.

Bring yoga mat.

Dates: Tues., 6:30-7:30 p.m., Sept. 28-Nov. 16

Location: Friendship Center, Room 109/112

Fee: \$75R/\$80NR/\$60M (#11997)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6:30-7:30 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11883)

Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

Dates: Tues./Thurs., 7:30-8:15 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Room 118

Fee: \$63R/\$66NR/\$50M (#11884)

Horizontal Conditioning w/Karen

A unique and challenging way of toning your body, using mainly body weight. It is a fusion of pilates, yoga and muscle. Intermediate level.

2 Day (20 classes): Wed./Fri., 8:30-9:15 a.m., Sept. 29-Dec. 3

Fee: \$90R/\$93NR/\$72M (#12014)

Location: Friendship Center, Room 112

1 Day (10 classes): Wed., Sept. 29-Dec. 1, 5:45-6:30 p.m. (#11956)*

OR- Sat., Oct. 2-Dec. 4, 8:45-9:30 a.m. (#11957)

Location: Friendship Center, Room 112, *Room 109

Fee: \$50R/\$53NR/\$40M

Saturday Morning Chisel w/Kim & Kelli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 8-9 a.m., Oct. 2-Dec. 4

Location: Friendship Center, East Annex

Fee: \$41R/\$44NR/\$32M (#11978)

Outdoor Fitness Bootcamp w/Karen (10 classes)

Classes designed to encourage goal achievement and personal improvement in a supportive group setting. Meet in front of Friendship Center.

Dates: Sat., 9:45-10:30 a.m., Oct. 2-Dec. 4

Location: Friendship Center, Outside

Fee: \$50R/\$53NR/\$40M (#11963)

Pilates w/Meena (8 classes)

A 45 min. class for core strength building. Beginner to intermediate level pilates exercises on the mat. Core strength is essential in maintaining posture, balance, functional movement and a healthy body. Good for all levels and helps to increase flexibility, decrease tension and strengthen the body from the inside out.

Dates: Fri., 10-10:45 a.m., Oct. 1-Nov. 19

Location: Friendship Center, Room 112

Fee: \$52R/\$55NR/\$40M (#11920)

Intermediate Pilates (8 classes)

For those who have taken beginner classes.

Dates: Fri., 10:45 11:30 a.m., Oct. 1 Nov. 19

Location: Friendship Center, Room 112

Fee: \$52R/\$55NR/\$40M (#11921)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

A fun, high intensity kickboxing class using bags, gloves and cardio drills.

Session I: Tues., 5:45-6:30 p.m., Sept. 28-Nov. 2 (#11968)

Session II: Tues., 5:45-6:30 p.m., Nov. 9-Dec. 14 (#11969)

Location: Friendship Center, Gym #1

Fee: \$46R/\$49NR/\$35M

Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Thurs., 7-8 p.m., Sept. 30-Nov. 18

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR (#11919)

Small Group Strength Training (10 sessions) w/Karen

Workouts held in weight room with focus on traditional strength exercises using various lifting techniques.

Dates: Thurs., 8-8:50 a.m., Sept. 30-Dec. 9

Location: Friendship Center, Fitness Center

Fee: \$52R/\$55NR/\$40M (#11965)

Cardio/Kickboxing w/Mary Jo (10 classes)

Combination of aerobics, plyometrics, step aerobics and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Sat., 10:30-11:30 a.m., Oct. 2-Dec. 4 (#12003)

OR- Wed., 7:15-8:15 p.m., Sept. 29-Dec. 1 (#12004)

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/\$34M

ADULT SPORTS/LEISURE

Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 27 short form movements based on the Yang Style Tai Chi. Soft high movements with emphasis on posture, balance, and breathing naturally in rhythmic harmony. Benefits of Tai Chi practice are stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., 10-11 a.m., Sept. 30-Dec. 9

Location: Friendship Center, Room 115

Fee: \$74R/\$80NR/\$60M (#11917)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 18 low form movements based on the Chen Style. Low movements done w/balance of fast and slow, hard and soft with spiraling movements for the cultivation of tranquility w/explosive power w/natural breathing. Benefits include stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., 7:30-8:30 p.m., Sept. 30-Dec. 9

Location: Friendship Center, Room 109

Fee: \$74R/\$80NR/\$60M (#11918)

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#11924)



Always winners at our fun socials. See page 16 for schedule of events. Don't miss out on the fun!

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Sun., 1-2 p.m., Aug. 15-Sept. 12 (#11577)

Sat., 9:30-10:30 a.m., Oct. 2-23 (#11578)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Advanced Beginner:

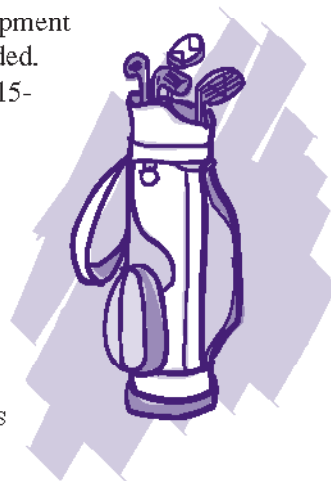
Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Sun., 2-3 p.m., Aug. 8-29 (#11573)

Sat., 10:30-11:30 a.m., Sept. 11-Oct. 2 (#11574)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR



Personal Wellness Coach Training w/Kim

Have you met with our Coach and established goals? Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. Kim will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per 1/2 hour)

Positive Discipline Introduction

Come see what positive discipline parenting tools can do for you.

Dates: Tuesday, September 14, 6-7 p.m.

Location: Friendship Center, Room 106

Fee: Free to public! Must pre-register. (#12013)

Misbehavior Detectives

A Positive Discipline Experiential Workshop: classes for parents who want to learn non-punitive, respectful methods and get to the root of their child's misbehavior, regarding children of all ages — even teens. Teaching based on the book *Positive Discipline*.

Dates: Tuesday, October 5 & 12, 6-8 p.m.

Location: Friendship Center, Conference Room

Fee: \$15R/\$18NR/\$12M (#12026)

ADULT SPORTS/LEISURE (CONT.)

Hapkido w/Master Fox (Ages 16+) (6 classes)

Self-defense, breakaway escape techniques, submission and joint lock techniques.

Dates: Thurs., 7:30-8:30 p.m., Sept. 30-Nov. 4

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$40NR (#12000)



Adult Tennis w/CPTS (4 classes)

Beginner: For those who never played before. Basic stroke development and game readiness.

Dates: Mon., 6-7:15 p.m., Sept. 13-Oct. 4 (#11351)

Intermediate: For those who want to raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 7:15-8:30 p.m., Sept. 13-Oct. 4 (#11357)

Location: Brightbill Park

Fee: \$45R/\$48NR

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Sept. 29-Dec. 1 (#11907)

-OR- Sat., 10-11:30 a.m., Oct. 2-Dec. 4 (#11905)

Location: Friendship Center, Gym #2/#3

Fee: \$60R/\$65NR/Free to members!

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#11962)

R.A.D. w/K. Shaw (8 classes)

Join us in an interactive and educational basic self-defense course for women that will reduce your risks of becoming a victim of violent crimes on the street, in your home or in your vehicle.

Dates: Thurs., 5:30-6:30 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Room 109

Fee: \$44R/\$47NR/\$35M (#12092)



Sugar Blues: Conquering Your Sweet Cravings w/L.McNair Health Coach

Are you constantly craving sweets and don't know why? Learn how it impacts your life.

Date: Wednesday, November 24, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public-must pre-register! (#12094)



Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Tues., 6-7 a.m., Sept. 28-Nov. 30 (#11901)

Thurs., 7-9 p.m., Sept. 30-Dec. 9 (#1899)

-OR- Sat., 8:30-10 a.m., Oct. 2-Dec. 4 (#11900)

Location: Friendship Center, Gym #2/#3

Fee: \$60R/\$65NR/Free to Members!



"All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$84R/\$89NR/\$70M (#11911)

Fibromyalgia w/Dr. Homza (Ages 18+)

Different types, common causes and proper management of this chronic problem.

Date: Thursday, September 23, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#11996)

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: TBA

Location: Friendship Center

Fee: TBA (#11910)

Build Better Health: Eat Whole Foods . . . Boost Energy . . . Feel Great w/L.McNair Health Coach

Foundation for a healthy lifestyle.™ Turn your life around by eating well and understanding food. Learn how to incorporate whole foods, super foods and organic foods into your diet. Free samples.

Date: Thursday, November 4, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public-must pre-register! (#12079)



YOU'RE INVITED: PICKLE BALL DEMONSTRATION:

Monday, Sept. 13 and Tuesday, Sept. 14, 10-11 a.m.

ADULT SPORTS/LEISURE (CONT.) SPECIAL NEEDS

Mental Health Education Workshops w/Frederick Henry, MSW



Presented by Upward Bound Psychiatry and Psychotherapy Services, Inc. Interactive classes to teach you to identify and manage behaviors for instructional modification at home or classroom. Ideal for teachers/parents/adults with related symptoms.

Session I: Attention Deficit Hyperactivity Disorder
Tuesday, September 21, 6:30-7:30 p.m. (#12082)

Session II: Understanding Depression:
Tuesday, September 28, 6:30-7:30 p.m. (#12083)

Session III: Understanding Anxiety Disorder: RELAX!
Tuesday, October 5, 6:30-7:30 p.m. (#12084)

Session IV: Overcoming Holiday Stress
Tuesday, October 12, 6:30-7:30 p.m. (#12085)

Location: Friendship Center, Conf. Room

Fee: \$15R/\$18NR/\$12M

PERSONAL TRAINING



**BENTZ, DAVE, KAREN,
LORI, & URSULA**
CERTIFIED FITNESS
PROFESSIONALS
FOR PERSONAL TRAINING.

FEE:

\$42 Member/\$47 Non-Member (per hour)
\$29 Member/\$34 Non-Member (per 1/2 hour)

**New Buddy Training System
(2 people w/trainer)**

FEE:

\$32 per Member/\$37 per Non-Member (per hour)
\$23 per Member/\$28 per Non-Member (per 1/2 hour)

**New "6 pack" training card
(purchase 6 at one time)**

FEE:

\$174 Member/\$204 Non-member (per 1/2 hour)
\$252 Member/\$282 Non-member (per hour)

Call 657-5635 for more information.

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to offer therapeutic recreation programs for children and adults with disabilities.



To participate in Easter Seals program an additional \$20 one-time annual registration fee must be sent to:

EASTER SEALS CENTRAL PA

Attn: Therapeutic Recreation Department
2201 S. Queen Street, York, PA 17402

For additional information, please go to
www.eastersealscentralpa.org
or contact Matt Ernst at 591-7027.

"Splash It Up" (All Ages) (6 classes)

Designed for the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn safety, swimming skills, physical fitness social interaction skills.

Dates: Thurs., 6-6:30 p.m., Sept. 9-Oct. 14 (#11938)

Thurs., 6:30-7 p.m., Sept. 9-Oct. 14 (#11939)

Thurs., 7-7:30 p.m., Sept. 9-Oct. 14 (#11940)

Thurs., 6-6:30 p.m., Nov. 4-Dec. 16 (#11941)

Thurs., 6:30-7 p.m., Nov. 4-Dec. 16 (#11942)

Thurs., 7-7:30 p.m., Nov. 4-Dec. 16 (#11943)

Location: Friendship Center, Leisure Pool

Fee: \$85 per person

Happy Healthy Hours

**Join us throughout the month for
special events!**

Meet the staff, make new friends, enjoy bagels & coffee, and take part in FREE informational programs/activities.
Exclusively for Friendship Center Healthways Participants and Friendship Center Members!

Upcoming Dates:

THURSDAY, SEPTEMBER 9, 9 a.m. — Aqua Time

FRIDAY, SEPTEMBER 10, 10 a.m. — Body Fat Testing

WEDNESDAY, SEPTEMBER 15, 9 a.m. — Spin

THURSDAY, SEPTEMBER 16, 9 a.m.-noon — Blood Pressure

SATURDAY, SEPTEMBER 18, 9:30-10:15 a.m. — Aqua Zumba

THURSDAY, SEPTEMBER 23, 11 a.m. — Tai Chi

FRIDAY, SEPTEMBER 24, 9:30 a.m. —

Coffee Social/Health Seminar

THURSDAY, SEPTEMBER 30, 10 a.m. — BINGO!

Registration/sign-in opens 1/2 hour before program.
First come-first serve. Space is limited in some activities!

HIGHMARK



Eat Well for Life I w/Mary Lou (4 classes)

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Wed., 5:30-7 p.m., Sept. 29-Oct. 20

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11947)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Eat Well for Life II w/Mary Lou (4 classes)

The second level of the lifestyle improvement program promoting nutrition, physical activity and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Wed., 5:30-7 p.m., Oct. 27-Nov. 17

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11948)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gary (4 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 7-8:30 p.m., Sept. 29-Oct. 20

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11950)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gigi (6 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Thurs., 10-11 a.m., Sept. 16-Oct. 21

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#12061)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Drop 10 in 10 w/Lynn (10 classes)

An exciting program designed to help you lose 10 lbs. of body weight in 10 weeks through a progressive program of optimal nutrition, exercise and behavioral changes.

No use of gimmicks, pills or potions!

Dates: Tues., 11-12 a.m., Sept. 28-Nov. 30 (#11949)

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M

\$16 materials fee. Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 106

Fee: \$87R/\$90NR/\$70M (#11914)

Tatting w/Judy (6 classes)

A knitting technique that is completed with a tatting shuttle. Simply a basic knit repeated over and over. Very easy. Call for supply list.

Dates: Thurs., 6-7 p.m., Sept. 30-Nov. 4 (#11915)*

-OR- Mon., 11-12 p.m., Sept. 27-Nov. 1 (#11916)

Location: Friendship Center, Room 106/* Conf. Room

Fee: \$50R/\$53NR/\$40M

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is 9/15.**

Date: Monday, September 20, 7-9 p.m.,

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (#11951)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

Date: Saturday, September 25, 10 a.m.-noon

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11975)

The Friendship Center is now accepting Healthways Prime!

AQUATICS (ALL LESSONS 40 MINUTES)

**CHILD MUST HAVE MET
THE MINIMUM AGE REQUIREMENTS
BY THE FIRST DAY OF CLASS.**

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.
Parent/child.

Dates: Tues., 10:10 a.m., Sept. 28-Nov. 16 (#11838)

Tues., 5 p.m., Sept. 28-Nov. 16 (#11839)

Wed., 9:30 a.m., Sept. 29-Nov. 17 (#11840)

Sat., 10:10 a.m., Oct. 2-Nov. 20 (#11841)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and
beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Sept. 28-Nov. 16 (#11843)

Tues., 5:40 p.m., Sept. 28-Nov. 16 (#11846)

Wed., 10:10 a.m., Sept. 29-Nov. 17 (#11845)

Wed., 6:20 p.m., Sept. 29-Nov. 17 (#11844)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Twos Tots (Age 2) (8 classes)

Pre-requisite: Parent Tot I/II (no exceptions).

Dates: Fri., 9:30 a.m., Oct. 1-Nov. 19 (#12077)

Fri., 10:10 a.m., Oct. 1-Nov. 19 (#12078)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Sept. 27-Nov. 15 (#11847)

Wed., 10:50 a.m., Sept. 29-Nov. 17 (#11851)

Wed., 5 p.m., Sept. 29-Nov. 17 (#11850)

Thurs., 10:50 a.m., Sept. 30-Nov. 18 (#11848)

Sat., 10:50 a.m., Oct. 2-Nov. 20 (#11849)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Sept. 27-Nov. 15 (#11853)

Mon., 5:00 p.m., Sept. 27-Nov. 15 (#11854)

Tues., 6:20 p.m., Sept. 28-Nov. 16 (#11855)

Thurs., 9:30 a.m., Sept. 30-Nov. 18 (#11856)

Sat., 8:50 a.m., Oct. 2-Nov. 20 (#11857)

Sun., 12:10 p.m., Oct. 3-Nov. 21 (#11852)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I

Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Sept. 27-Nov. 15 (#11864)

Tues., 9:30 a.m., Sept. 28-Nov. 16 (#11860)

Wed., 5:40 p.m., Sept. 29-Nov. 17 (#11859)

Thurs., 5 p.m., Sept. 30-Nov. 18 (#11861)

Sat., 8:10 a.m., Oct. 2-Nov. 20 (#11863)

Sat., 9:30 a.m., Oct. 2-Nov. 20 (#11862)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites:
jump into water, swim 1/2 length on stomach and back
and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Sept. 27-Nov. 15 (#11865)

Mon., 7 p.m., Sept. 27-Nov. 15 (#11868)

Wed., 7 p.m., Sept. 29-Nov. 17 (#11869)

Thurs., 10:10 a.m., Sept. 30-Nov. 18 (#11866)

Thurs., 5:40 p.m., Sept. 30-Nov. 18 (#11867)

Sun., 12:50 p.m., Oct. 3-Nov. 21 (#11870)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: Jump into deep water, tread water for
30 seconds, swim length of pool on stomach and back,
surface dive and retrieve ring.

Dates: Mon., 5:40 p.m., Sept. 27-Nov. 15 (#11872)

Thurs., 6:20 p.m., Sept. 30-Nov. 18 (#11873)

Sun., 1:30 p.m., Oct. 3-Nov. 21 (#11874)

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke
development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Sept. 30-Nov. 18 (#11875)

Sun., 2:10 p.m., Oct. 3-Nov. 21 (#11876)

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M

Eels (8 classes)

Must be able to swim the length of the pool. Competi-
tive stroke improvement.

Dates: Thurs., 5:30 p.m., Sept. 30-Nov. 18 (#11877)

Sun., 2:50 p.m., Oct. 3-Nov. 21 (#11878)

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M

AQUACISE (CONT.)

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M (#11879)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$156R/\$166NR/\$130M (#11908)

***Group-Private (class of 4):** \$97R/\$100NR/\$75M per person (#11923) (*must register as group.)

***Semi-Private (max two):** \$225R/\$235NR/\$180M (#11909)

Masters Swim Team (18+) (30 classes)

Fun, Fitness and Friendly Competition! This program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Swim meets are optional. Sign up for 1, 2, or all 3 days (prorated).

Dates: Mon./Wed./Fri., 6:30-8 p.m., Sept. 27-Dec. 3

Location: Friendship Center, Lap Pool

Fee: \$97R/\$107NR/\$77M (#11898)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Sept. 28-Nov. 16 (#11945)

Fri., 1 p.m., Oct. 1-Nov. 19 (#11946)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, September 25, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#11933)

Pump Up the Jam – w/Roxanne (20 classes)

High intensity, low impact. All types of equipment with cardio/toning workout and groove to the music. All levels welcome.

Dates: Mon./Wed., 6:15-7:15 a.m., Sept. 27-Dec. 1

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M (#11925)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Lap Pool

Fee: \$69R/\$74NR/\$53M (#11880)

Aqua Fitness w/Gina (20 classes)

High energy, low impact. Aqua equipment used. No stress on joints. All levels welcome.

Dates: Tues./Thurs., 7:15-8:15 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M (#11913)

Aquatic Arthritis w/Mary Jo (26 classes)

Range of motion exercise for flexibility and coordination.

Dates: Mon./Wed./Fri., 10:45-11:45 a.m., Sept. 27-Nov. 24

Fee: \$89R/\$94NR/\$71M (#11888)

Location: Friendship Center, Therapy Pool

Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Lap Pool

Fee: \$69R/\$74NR/\$53M (#11897)

All Over Aquacise Body Workout w/Roxanne (20 classes)

High energy cardio, strength training and sculpting. Lots of equipment — you'll be surprised what you can do!

Dates: Tues./Thurs., 6:15-7:15 a.m., Sept. 28-Dec. 7

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M (#11926)

Water Aerobics w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., Sept. 28-Dec. 7

Location: Friendship Center, Lap Pool

Fee: \$69R/\$74NR/\$54M (#11886)

Body Tone Workout w/Roxanne (10 classes)

It's Friday! Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on the abs.

Dates: Fri., 6:15-7:15 a.m., Oct. 1-Dec. 3

Location: Friendship Center, Therapy Pool

Fee: \$41R/\$44NR/\$32M (#11893)

Aqua Boot Camp w/Karen/Lori (10 classes)

Benefits of boot camp style exercise in a non-impact environment.

Session I: Sat., 8-8:30 a.m., Oct. 2-23 (#12065)

Session II: Sat., 8-8:30 a.m., Oct. 30-Nov. 20 (#12066)

Location: Friendship Center, Therapy Pool

Fee: \$40R/\$43NR/\$32M



AQUACISE (CONT.)

Aqua Zumba w/Sybil (20 classes)



The newest craze with a wave!

Dates: Mon./Wed., 6:15-7 p.m., Sept. 27-Dec. 1 (#12068)

Tues./Thurs., 7:15-8 p.m., Sept. 28-Dec. 9 (#12069)

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M

Deep Water Walkers w/Sybil (20 classes)

22 exercises in 30 minutes. Burn more calories in less time without stress on your body. Cost of Walkers not included (\$50). Payment for shoes due at first class.

Dates: Mon./Wed., 5:30-6:15 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Lap Pool

Fee: \$62R/\$65NR/\$50M (#12064)

ATTENTION SENIORS

The Friendship Center is now participating in the Medicare Forever Fit program and Silver and Fit for seniors. Forever Fit is a senior fitness program offered through several health care providers that supplement medicare. It allows participating seniors the opportunity to have a free Friendship Center membership. Call 657-5635 (106) to see if you qualify!

Especially For You...

GIFT CERTIFICATES AVAILABLE!

Programs, Trips & Membership — ALL KINDS OF FUN THINGS! Treat your friends and family to the gift of Friendship!

FINANCIAL ASSISTANCE GRANT PROGRAM - SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

MASSAGE/WELLNESS

MASSAGE THERAPY FRIENDSHIP CENTER



Doria
Walsh, CMT



Billy
Smith, CMT

Take time to relax . .

By appointment only! Call today!

Spaces fill quickly.

DO YOU HAVE QUESTIONS ABOUT WELLNESS?

OUR WELLNESS COACH
IS HERE FOR YOU!

Kim can give you a tutorial on fitness equipment or answer any questions you may have about fitness, weight training, nutrition, stress reduction, cardiovascular exercise, or anything else related to fitness.



SET UP A FREE APPOINTMENT TODAY.

FRIENDSHIP CENTER MEMBERS ONLY.



DISCOUNT TICKETS

**TICKETS SOLD AT THE
PARKS & RECREATION
LOCATED IN
THE FRIENDSHIP CENTER
MONDAY-FRIDAY, 8 A.M.-5 P.M.
CASH AND CHARGE ONLY
NO CHECKS!**

◆ BALTIMORE AQUARIUM	Dis. Price	Savings
Adult (12-59 yrs.)	\$23.00	\$1.95
Senior (60 + yrs.)	\$22.00	\$1.95
Child (3-11 yrs.)	\$13.00	\$6.95
◆ DORNEY PARK (valid 5/24-9/1)		
Adult (48"+)	\$32.00	\$9.99
Child (3 yrs. + or under 48")	\$21.00	\$1.99
◆ DUTCH WONDERLAND		
Regular (3-59)	\$28.00	\$3.95
◆ HERSHEY PARK		
Adult (9-54 yrs.)	\$42.00	\$10.95
Child (3-8 yrs.)	\$30.00	\$1.95
Senior (55-69 yrs.)	\$30.00	\$1.95
◆ PENNSYLVANIA RENAISSANCE FAIRE		
Adult (12 yrs +)	\$21.00	\$8.95
Child (5-11 yrs.)	\$9.00	\$0.95
(Valid for Faire or Celtic Fling/Highland Games)		
◆ KNOEBELS AMUSEMENT PARK		
Weekday Regular (48"+)	\$26.50	\$4.00
Weekday Child (under 48")	\$16.00	\$4.00
◆ SIX FLAGS GREAT ADV. (New Jersey)		
Adult (4 yrs. and over)	\$29.00	\$35.19
(Regular Ticket-Theme Park & Safari)		
◆ SESAME PLACE		
(24 months and over)	\$46.00	\$11.72
◆ SIX FLAGS AMERICA (Largo, MD)		
General (3 yrs. and over)	\$26.00	\$28.99

FUN & SUN

AVAILABLE JUNE 1-SEPTEMBER 20
Includes 2 hours in pool
and the sun deck.
\$324R/\$350NR/\$270M

Call for information!

RENTALS



2010

*Special Party
Package/Rentals*

***Packages available
April 1-October 31**

***SPLASH & DASH** (1 hour each area)

Pool, Basketball Court, Party Room
\$233R/\$250NR/\$194M

***KID'S SWIM & INDOOR GYM** (1 hour each area)

Pool, Indoor Playground, Party Room
\$261R/\$280NR/\$218M

***STAY & PLAY** (1 hour each area)

Pool, Game Court, Party Room
\$220R/\$237NR/\$183M

Other popular party area rates (per hour):

Leisure Pool: \$132R/\$144NR/\$110M
Basketball Court: \$67R/\$70NR/\$56M
Multi-Purpose Room: \$52R/\$55NR/\$43M

*Parties Book Fast
So Plan Ahead!*

Submit Your Request Early!

Call 657-5635

2 Week Advance Notice Required!

**Perfect place
for a Corporate Party!**

CALL FOR AVAILABILITY!

TRIPS

Trips are for all ages. Trips may be cancelled due to insufficient registration, with refunds to those registered. All buses leave from the parking lot at **Weis Market on Linglestown Road**. Our trip fees do not include gratuity for the bus driver. A \$1.50 gratuity per person is suggested and collected on each trip. Seating is on a first-come, first-served basis, with seats retained throughout the trip. **NO DISCOUNTS!**

(Register Monday-Friday between 8 a.m.-5 p.m.)

NYC Tall Sail & On Your Own

Trip includes transportation, cruises (1.5 hour) and shopping on your own.

Date: Saturday, September 11, 2010

Fee: \$90 per person (#11775)

Radio City Music Spectacular

Seats located in Orchestra section. Leave at 7 a.m.

Date: Saturday, November 13, 2010

Fee: \$125 per person (#11984)

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, December 4, 2010

Fee: \$55 per person (#11985/#11986)

**INTERESTED IN ADVERTISING
IN THE PROGRAM GUIDE
OR NEWSLETTER?
Call Lynn at 657-5635 x106**

SENIOR VAN SERVICE

Please Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) may utilize the Van Service for medical appointments, shopping and other necessary transportation. Service available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities and congregate meals.

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$5 per year. Seniors do not need to be members of the Friendship Center or township residents to participate.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule

MONDAY	8:30 a.m. - Aerobics (light)
	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	9:30 & 10:15 a.m. - Tai Chi
	8 a.m. & 2 p.m. - Cards
	1:00 p.m. - Beginning Line Dancing
TUESDAY	2:00 p.m. - Intermediate Line Dancing
	8 a.m. - Peppi
	8 a.m. - Blood Pressure (1st Tues.)
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking (indoor)
WEDNESDAY	8 a.m.-2 p.m. - Cards
	9-11 a.m. - Group Crocheting & Crafts
	12:30 p.m. - Cash Bingo
	1-2 p.m. - Lap Swim (\$1.50)
	8 a.m. - Aerobics (light)
THURSDAY	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	8 a.m.-2 p.m. - Cards
	12:30 p.m. - Bridge Club
	12:30 p.m. - Mah Jongg
	2 p.m. - Tai Chi
FRIDAY	8 a.m. - Peppi
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking
	1-2 p.m. - Lap Swim (\$1.50)
	1:30 p.m. - Line Dancing
	8:30 a.m. - Lite Aerobics
	8 a.m. & 2 p.m. - Cards
	11:45 a.m. - Aquacise (\$2.00 cl.)
	12:30 p.m. - Bridge
	12:30 p.m. - Knitting and Crocheting

**The Friendship Center
WILL BE CLOSED
FOR MAINTENANCE
August 29-September 4!**

PROGRAM REGISTRATION AND PROCEDURES

3 WAYS TO REGISTER . . .

■ **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.

■ **BY PHONE** — Call with your credit card (Visa or Master Card) registration, during operating hours at **657-5635**.

■ **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.

1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Thursday, August 26, 2010 at 6 a.m.
2. Registration for **Preschool Programs** begins at 8:00 a.m.-5 p.m. on Monday, August 30, 2010.
3. Registration for **Aquatics** programs begins Thursday, September 2, 6:00 a.m.-5 p.m.
Registration for **all other programs and classes** begins Tuesday, September 7, 2010 at 6:00 a.m.
4. **Family Discounts:** First member pays full price, each additional member (up to 3) living in the same household who registers for the same class may receive a 10 % discount. No double discounting.
5. **Senior Citizen Discount:** 10% discounts on some programs for persons 60 years of age or over.
6. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found at any time before the trip date. If substitutes cannot be found, refunds can only be given up to four weeks before the trip date. Refunds take about 3 weeks for processing and are mailed to the original payer.
7. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
8. **Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.**
9. Registration for a multi-session class is closed after the second meeting of the class.

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
 Date(s) _____ Fee: RE _____ NR _____ M _____
 Name(s) _____
 Address _____
 City _____ Zip _____
 Home Phone _____ Work _____
 Township Resident? Yes/No Male/Female _____
 Friendship Center member? Yes/No
 Parent's Name _____ Child's Birth date _____ (if applicable)
 Make checks payable to:

Lower Paxton Township Parks and Recreation
 5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE

**Forms are processed at the end of the business day
 received, but not before registration date.**

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Thursday, August 26
 Preschool Programs Monday, August 30
 Aquatics Programs Thursday, September 2
 All Other Programs Tuesday, September 7

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

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